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CONSIDER PROBLEM SOLVING IN FOCUS 21

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

The scene was set! I was beginning the week of **Starlines Virtual Retreat**. I'll admit that as excited as I was, I was also feeling a bit off, as I had been facing some personal challenges leading up to the program. As we got ready for a refresher exercise in Focus 21, one of our trainers mentioned that Focus 21 was, in fact, a great place to present your issues to the universe and problem solve. With that, my intention was set! I knew Starlines would be an immensely productive program with a lot of information, so now was the time to face my problems and move past them so I could avoid being distracted the whole time. Over the course of that exercise, I realized just how wonderful an energy system Focus 21 is to bring problems for helpful guidance.

In this case and in meditation sessions I've had since, I find that this specific focus level provides a lot of clarity, though not always a specific solution, regarding problems. Rather, it helps me to make the most educated decisions I can. This type of problem solving presents itself in many ways. For instance, there is a section of 21 that I see as a picnic area, and it's a place I've regularly gone to visit with people I know who have passed over to get advice and clarity on problems. It's a way to talk through what I might be going through in a way characteristic of those I love who are no longer here to speak with physically. On this particular day for **Starlines**, it was no different. I found myself speaking with my best friend who passed earlier this year.

Strangely, this time I went to Focus 21, it all seemed like a flowing, blissful, chaotic dance on a dance floor made of old stone set in ruins. But the back and forth, the energy moving as I worked through my problems, seemed to paint a vivid picture that allowed me to build up the momentum to leave behind small stressors and dramas. I began to understand completely that I wanted to feel joy. I knew I wanted simplicity. No more drama. No more dead weight. No more emotional stress. And as I moved and flowed and twirled, answers seemed to rush in.

I knew right away that I needed to cut off that which doesn't serve me anymore, and just live the life I want without drama and stress. Easier said than done? Absolutely! But

when visiting such a distant focus level, feeling those problems just fizzle out and seeing the solution come into view seems virtually effortless, like a dance. I wanted a clear message that I will live drama free in peace going forward, and I received it. From there, I was ready to let go of the stress I was holding and begin my program with ease and joy.

So, if you're facing some troublesome issues in life, consider conducting a meditation exercise in Focus 21. It's a wonderful place to present your problems and watch how they play out, or visualize a creative way to move through them, or even come up with the best solution from a perspective shifted far from the issue at hand. Meditation truly is one of my favorite ways to let go and solve the problems I face daily. Sometimes, it just takes twenty minutes to step back, shift perspective while expanding your consciousness, and see the world in a different way. If you're getting ready to do a Monroe retreat and you're feeling distracted by any issues, I encourage you to try clearing the field first in Focus 21.